

I am very sorry John; I feel so filthy and not worthy. My intention was to try to do everything in perfection, so I was looking the best way to meditate, little did I know that Samael Aun Weor is the incarnated Solomon in flesh. I thought I was sleeping and needed to awake when in fact when I came to these ideas I went to sleep again. Thank you John I don't know what I would have done if I had stayed in these ideas.

Thank you all, you have no idea how moved I am, there was a rush of memory that came to me when I read all of your message that all of you have wrote, I am writing this as tear are coming out of my eyes. Sorry it was not my intention to anger any one of you. I remembered during the war I was in Eritrea when in the desert came out of the blue a bomber that fired a bomb, and this bomb did not detonate it just got berried in the sand, few feet's away from me, I remember saying then father I know that you did not save my eye, only to witness this horrible battle. I said this because when I was 10 years old, I fell from ceiling of the roof of our house and I was hanging from a metal that was there hanging, this pierced of metal in my eyes, and many had thought I would lose my eye, but I did not, and in the war, this bomb that came whistling from the sky did not blow up to pieces. And after that I managed to escape the military after 12 years and moved out of Eritrea through the desert of Sudan and by boat to Italy from Italy to Norway. And all this time I was searching him for him when in fact he was with me all the time thank you john.

The mind in itself is the Ego. But it is urgent to destroy the ego in order for the mental substance to remain with which the mental body can be fabricated. The mental body can be fabricated but one will still have the mind. What is important is to liberate oneself from the mind, become free of it. Being free of it to learn to function in the world of pure spirit without mind. To learn to live in that current of sound that is beyond the mind and is not time.

Ignorance is what there is in the mind. The real wisdom is not in the mind. It is beyond the mind. The mind is ignorant and because of this falls, and falls into so many grave errors.

Dreams belong to the unconscious. When one awakens consciousness, he leaves behind dreams. Dreams are nothing but projections of the mind. When one is asleep? one would stay there, beautifully entangled in that mental form. When one awakens, one immediately knows that in a moment of inattention, a dream can escape and one remains entangled all night until daylight.

What is important in us is to awaken consciousness to stop dreaming, to stop thinking. This thinking, which is cosmic matter, is the mind. Even the Astral itself is nothing but the crystallization of mental matter and the physical world is also condensed mind

we should get out of the mind and live in the world of the Being; that is what is important.

We do not deny the creating power of the mind. it is clear that all that exists is condensed mind.

It is clear that we are to become more and more independent from the mind each. time; the mind is certainly a cell, a prison where we are all prisoners. We need to evade that prison if we really want to know what liberty is, that liberty which does not belong to time, that liberty which is not of the mind. Before all else, we should consider the mind as something that is not of the Being.

Unfortunately, quite identified with the mind, people say: *"I am thinking,"* and they feel themselves being the mind.

The mind does know what happiness is, it is a prison!

We need to learn how to dominate the mind, not others' minds, but one's own mind, if we want to become independent of it.

It becomes indispensable to learn to see the mind as something that we should dominate, as something that, we can say, we need to tame. Let us remember Jesus entering Jerusalem on his donkey on Palm Sunday; that donkey is the mind which we need to subdue. We should ride the donkey, and not have the donkey ride us.

Unfortunately, people are victims of the mind since they do not know how to ride the donkey. The mind is a donkey that is too clumsy which we need to dominate if we truly want to ride it.

During meditation, we should converse with the mind. If a doubt crosses the mind, we should dissect the doubt. When a doubt has been properly studied, when it has been dissected, it does not leave any trace whatsoever in the memory, it disappears. But when a doubt persists, when we want to incessantly combat it, then a conflict is formed. Every doubt is an obstacle for meditation. But it is not by rejecting doubts that we are going to eliminate them, rather it is by dissecting them to see what they hide, that is real.

How is it possible that while we are in the practice of meditation, in instants in which we seek stillness and silence, that the mind imposes itself, does not want to be still? We need to know why it does not want to be still, we need to interrogate it, recriminate it, whip it, make it obey; it is a stubborn, clumsy donkey which we have to dominate.

The Second Jewel implies the discipline, of the mind, dominating, whipping, scolding it. The mind is an unbearable donkey that we need to tame!

Therefore, we need to count on several factors during meditation if we wish to attain the stillness and silence of the mind. We need to study the disorder because it is only in this manner that we can establish order. We need to know what, in us, is attentive, and what, in us, is inattentive.

Always, when we enter meditation, our mind is divided into two parts, the part which pays attention, the *attentive* part and the *inattentive* part. It is not on the attentive part that we need to focus attention, but rather, it is precisely on what is inattentive in us. When we enter into meditation, our mind is always divided into two parts: the part that pays attention and the part that does not pay attention. It is not to the attentive part that we have to pay attention but precisely to what is inattentive in us. When we are able to comprehend in depth what is inattentive in us and study the procedures so that the inattentive becomes attentive, we will have achieved the stillness and silence of the mind.

But we have to be wise in meditation, judge ourselves, know what is inattentive in us. We need to make ourselves conscious of that which is inattentive that exists in us.

When I say that we should dominate the mind, the one who has to dominate the mind is the Essence, the Conscience. By awakening Consciousness we have more power over the mind and thereby, we become conscious of what is unconscious in us.

The Being does not need to think. He is what has always been and what will always be.